What is claimed is:

1. A method for enhancing compound/drug penetration into hair follicles on body areas of an animal or human, comprising the steps of:
   a. Applying topically a swellable composition; and
   b. Volume swelling said composition applied in step a.
2. A method according to claim 1, wherein said swellable composition includes a compound/drug.
3. A method according to claim 1, wherein internal forces are generated at said hair follicles during and after said volume swelling of said composition.
4. A method according to claim 1, wherein said swelling causes opening of said hair follicles and prevent said hair follicles from collapsing.
5. A method according to claim 1, wherein said swelling enlarges depth of inner lumen space of said hair follicles.
6. A method according to claim 1, wherein said method further comprising a pretreatment step of:
   removing hair from said hair follicles.
7. A method according to claim 1, wherein said method further comprising a pretreatment step of:
   cutting external hairs.
8. A method according to claim 1, wherein said applying topically includes massaging said composition into said body area having hair follicles.

9. A method according to claim 1, wherein said method further comprising another step after step b: occluding said hair follicles.

10. A method according to claim 1, wherein said compounds/drugs are molecules or their derivatives used in cosmetic and/or pharmaceutics application.

11. A method according to claim 1, wherein said compounds/drugs are photosensitizer molecules, their derivatives and their precursors used in photodynamic therapy.

12. A method according to claim 1, wherein said swellable composition is cosmetically and/or pharmaceutically acceptable.

13. A method according to claim 1, wherein said swellable composition are polymers.

14. A method according to claim 13, wherein said polymers are biodegradable.

15. A method according to claim 13, wherein said polymers are biologically active.

16. A method according to claim 13, wherein said polymers are encapsulated.

17. A method according to claim 13, wherein said polymers are structures in a form of microspheres.

18. A method according to claim 13, wherein said polymers are encapsulated in liposomes.

19. A method according to claim 1, wherein a plate, a film, a dressing and the like are applied above said swelling composition during said volume swelling.